



# TRÉNINKY - PLAVECKÝ ODDÍL SPARTAK TŘEBÍČ od září 2021



| den     |   | ráno      | suchá       |                | odpoledne | skupina | voda/den | suchá/den |
|---------|---|-----------|-------------|----------------|-----------|---------|----------|-----------|
| pondělí | A |           |             | 16.00-17:00    |           | A       | 1        |           |
|         | 1 |           |             |                |           | 1       |          |           |
|         | 2 |           |             |                |           | 2       |          |           |
|         | 3 |           |             | 16.00-17:00    |           | 3       | 1        |           |
| úterý   | A | 6:15-7:15 |             | 16:00-18:00    |           | A       | 1+2      |           |
|         | 1 | 6:15-7:15 |             | 16:00-18:00    |           | 1       | 1+2      |           |
|         | 2 | 6:15-7:15 |             | 16:00-17:00    |           | 2       | 1+1      |           |
|         | 3 |           |             |                |           | 3       |          |           |
| středa  | A |           | 16:30-17:30 | 18:00-19:30 2D |           | A       | 1,5      | 1         |
|         | 1 |           | 16:30-17:30 | 18:00-19:30    |           | 1       | 1,5      | 1         |
|         | 2 |           |             | 16:00-18:00    |           | 2       | 2        |           |
|         | 3 |           |             | 16:00-17:00    |           | 3       | 1        |           |
| čtvrtek | A | 6:15-7:15 |             | 17:00-19:00    |           | A       | 1+2      |           |
|         | 1 | 6:15-7:15 |             | 17:00-19:00    |           | 1       | 1+2      |           |
|         | 2 | 6:15-7:15 |             |                |           | 2       | 1        |           |
|         | 3 |           |             |                |           | 3       |          |           |
| pátek   | A |           | 15.15-16:15 | 16:30-18:00    |           | A       | 1,5      | 1         |
|         | 1 |           | 15.15-16:15 | 16:30-18:00    |           | 1       | 1,5      | 1         |
|         | 2 |           | 15.15-16:15 | 16:30-18:00    |           | 2       | 1,5      | 1         |
|         | 3 |           | 15.15-16:15 | 16:30-17:30    |           | 3       | 1        | 1         |
| sobota  | A | 7:30-9:00 |             |                |           | A       | 1,5      |           |
|         | 1 | 7:30-9:00 |             |                |           | 1       | 1,5      |           |
|         | 2 | 7:30-9:00 |             |                |           | 2       | 1,5      |           |
|         | 3 |           |             |                |           | 3       |          |           |

| skupina | voda celkem / hod | suchá celkem / hod |
|---------|-------------------|--------------------|
| A       | 11,5              | 2                  |
| 1       | 10,5              | 2                  |
| 2       | 8                 | 2                  |
| 3       | 3                 | 1                  |
| skupina | voda celkem / hod | suchá celkem / hod |